



**The School Games** is a government led programme, launched in 2010.

The School Games programme is underpinned by 6 values, which it aims to instill in young people:– Determination, honesty, passion, respect, self-belief and teamwork.

### **The Vision of the School Games:-**

To make a positive and meaningful difference to the lives of children and young people through sport and physical activity.

### **The Mission**

Putting physical activity and school sport at the heart of schools. Providing young people with the opportunity to enjoy and learn through competition to achieve their personal best.

At Little Digmoor we are proud to announce that School Games is integral to our Physical Education, School Sport and Physical Activity Programme and we provide a wide variety of Intra and Inter School Competitions and Experiences and are constantly encouraging all pupils to achieve their personal best and to understand the benefits of a healthy active lifestyle. The Chief Medical Officer guidelines are that all children and young people should engage in moderate to vigorous intensity exercise for an average of 60 minutes per day.

All events are designed with one or more of the School Games Intents to provide young people with a wide range of positive experiences. The intents are as follows:-

- Develop confidence and competence within physical activity/sport skills
- Increase regular participation and motivation
- Improve knowledge and understanding of sport and physical activity
- Build social skills and connections (i.e. sense of belonging)
- Championing physical literacy
- Improve health and wellbeing (i.e. 60 active minutes)
- Engage new/target groups of young people (tackling inequalities)
- Provide inclusive opportunities
- Create positive experiences
- Promote success and achievement
- Supporting transition

- Develop leadership, character, life skills
- Championing youth engagement
- To engage/influence wider stakeholders

Leadership skills are integral to the ethos of School Games being by young people for young people and we provide many leadership opportunities at Little Digmoor through the School Sports Council and West Lancashire School Sport Partnership Sports Council and many of our upper Key Stage 2 Children are trained as Playground Leaders.

**The School Games Mark** is a Government-led award scheme launched in 2012, facilitated by the Youth Sport Trust to reward and recognise school's engagement (provision and uptake) in the School Games against a national benchmark and to celebrate keeping young people active, and we are delighted to have been recognised for our success.

